



Dawley Medical Matters Newsletter – Summer 2025

Women's Health Open Day



Any questions about women's health issues? Come along on Sunday 6th July 2025 and have a chat to our specialist clinicians at the practice's health open day.

It's a drop-in session and starts at 10.00am and will include presentations on contraception, navigating the menopause, tips for healthy genital skin, managing prolapses and incontinence as well as HRT.

No appointment is needed, and other services will be available such as cervical screening, blood pressure, cholesterol checks and lifestyle advice.

Help with addiction

If you are struggling with drink or drugs or it's affecting your family, help is at hand.

Telford STARS can offer advice and support.
For more information visit

www.telfordstars.org

Or contact STARS by calling 0300 456 4291

or by emailing

telfordstars.admin@mpft.nhs.uk

Are you a military vet?



If you have ever served in the British Forces, please make sure you let us know and we will add a note to your record.

If you were in the army, navy or air force even for a short time, or were a reservist, extra help and support is available from the practice.

Dawley Medical has been accredited as a 'Veteran Friendly Practice'.

Veterans should receive priority treatment (subject to clinical need) for any physical or mental health condition that relates to their service.

More information is available by visiting the Dawley Medical website.

1 in 6

That's how many men will be diagnosed with prostate cancer in their lifetime.

However, an early diagnosis means a good chance of survival and men who are worried are being urged to contact the practice for help.

The main symptoms to look out for are: -

Difficulty weeing
A weak flow

Blood in the urine
Needing to wee more often especially at night
Needing to rush to the loo
Feeling that your bladder hasn't emptied properly

You may be asked for a urine sample or a blood test to check the levels of your prostate. You may also have a physical examination and if further treatment is needed, onward referral to the hospital.

Bank Holiday Closures

A reminder the practice will be closed for the Late Summer Holiday on Monday 25th August 2025.

The surgery will close at 6pm on Friday 22nd August 2025. The telephone lines re-open on Tuesday 26th August 2025 at 8.00am and the doors open at 8.30am.

Weight Loss Jabs



You may have seen claims in the media that weight loss injections are now available from your GP.

Unfortunately, this is misleading and at the moment only patients who fit strict eligibility criteria can get Tirzepatide (known as Mounjaro) on the NHS.

The injections will be delivered via the Integrated Care Board (ICB) who are currently developing a 'wrap around' service which will include regular check-ups, support with exercising and advice on healthy eating.

The jabs will be available to anyone with a BMI of 40 or more AND who have been diagnosed with 4 or more of the following weight related conditions:

High cholesterol
High blood pressure
Type 2 diabetes
Obstructive Sleep Apnoea
Cardiovascular disease

NHS Guidelines say the categories of patients who will be eligible for treatment will be expanded over the next couple of years.

However, if you would like general help with weight management in the meantime there are other options available such as speaking with the healthy lifestyles team. The Practice staff can help with this.

Got hayfever?



A reminder that GPs can no longer routinely prescribe antihistamines!

Hay fever sufferers are recommended to go to their local pharmacy in the first instance where advice is available on the best things to use.

Hay fever medication can be bought for a few pence in most supermarkets or bargain stores.

Friends & Family Test

Have you got something to say about the service at Dawley Medical Practice?

Would you recommend us to your friends and family?

If you have time when visiting the practice, please take the opportunity to complete a Friends & Family card. They are available in reception. Or you can complete the survey by logging onto

www.dawleymedicalpractice.co.uk

We really do appreciate your feedback!

Figures for May 2025 show that 94% of respondents said they would recommend the practice.

Do you have diabetes?

If the answer's 'yes', you are not alone! Experts reckon around 4.6 million people in the UK are diabetics while nearly 1.3 million of us could be living with the disease but haven't yet been diagnosed!

Dawley Medical has a sizeable diabetic population, and you may have noticed a representative from Diabetes UK in the practice recently. She was here to raise awareness of the symptoms and the importance of keeping the disease in check.

Symptoms of diabetes include feeling very tired, weeing more than usual, feeling thirsty all the time and losing weight without trying to. Your vision may be blurred, and any cuts may take longer to heal.

Risk factors include being over 40, being overweight, having a family history or a condition that increases your risk such as high blood pressure.

Diabetes is diagnosed with a blood test that checks how high your blood sugar levels are.

The practice has a dedicated diabetes team who will be happy to help if you are worried you may be at risk from the disease.